



CHFS Focus, from the Editor

Fall is here! The trees are changing colors and the weather is getting cooler. The worries of flu season are here as well. With flu vaccinations in short supply, be sure to check out our Health Tips this week for reminders on how to stop germs in their tracks!

Frankfort staffers, be sure to check out the Frankfort Staff section on the main menu at the left of every online page. This section includes important information for Frankfort readers, including the weekly cafeteria menu and local activities.

Please feel free to contact me with your questions and comments.

(patricia.boler@ky.gov)

Patricia Boler

Breast Cancer Awareness Month



to signal which women may be more likely than others to develop the disease.

The following factors may come into play:

- Age
- Personal History
- Family History
- The Breast Cancer Genes

For details on these risk factors and more information on Breast Cancer, view the fact sheet below from the National Breast Cancer Awareness Month web site. [Know the Facts about Breast Cancer.](#)

Domestic Violence Awareness Month



MYTH: Drugs and alcohol cause the violence.

FACT: Addictions are used as excuses to free the batterer from responsibility for the behavior.

This theory does not explain why the batterer uses violence, why he targets a woman for abuse, nor why he batters when sober. The addictive batterer must be treated for two separate

problems--his addiction and his violence. He will not necessarily stop battering if he gains control over his addiction.

For this and more information on domestic violence, visit the Kentucky Domestic Violence Association's web site. (

<http://www.kdva.org/myths.htm>)



Spotlight: KCCVS, Americorp getting things done

By Lisa Wallace, Division of Communications

The Kentucky Commission on Community Volunteerism and Service (KCCVS) recently celebrated its 10th year of service to the Commonwealth with the launch of the latest AmeriCorps program year. Lieutenant Governor Steve Pence administered the oath of service Sept. 30 to 175 recruits.

The KCCVS administers the state AmeriCorps program and helps coordinate and promote community service and volunteer opportunities across the state.

Sometimes called the domestic Peace Corps, AmeriCorps has placed nearly 2,500 members in service programs across Kentucky since 1994. And, AmeriCorps members have been getting things done – from mentoring and tutoring children, providing disaster response, and supporting homeland security to building low-cost housing and providing debt counseling and



essential services to the homeless and at-risk elderly.

AmeriCorps members must complete 1,700 hours of service during a one-year term for which they receive an annual living allowance of \$10,197. After one year of service, they are eligible for an educational award of up to \$4,725 to help pay for college or repay student loans. Eileen Cackowski, Executive Director of KCCVS said every AmeriCorps recruit is one person going into service and an entirely different person afterward.

"While they all join out of a spirit of service, most have other motives for joining," she said. "But, at the end of their service, it's never the job or education award they consider most valuable. It's always the lives they've changed for the better, the hope they've inspired, and the good they've done that means the most to them."

There are eight Kentucky AmeriCorps programs serving 67 counties. For more information on the AmeriCorps program, phone the KCCVS toll free at (800) 239-7404 or visit the KCCVS website at

<http://volunteerky.ky.gov/acprograms.asp>.

In the News...

Kentucky awarded \$9.5 million to better serve youth

Kentucky has been awarded \$9.5 million to provide mental health and substance abuse services for youths in Northern Kentucky. The program, Kentuckians Encouraging Youth to Succeed (KEYS), will be implemented over six years, with a long-term goal of statewide implementation and sustainability.

The U.S. Department for Health and Human Services' Center for Mental Health Services awarded the grant to the Kentucky Department for Mental Health and Mental Retardation Services (KDMHMRS), within the Cabinet for Health and Family Services. KDMHMRS will partner with NorthKey Community Care, the Regional Mental Health/Mental Retardation Board serving the area. It is the second such

grant awarded to Kentucky, the first being the Bridges Project in Southeastern Kentucky in 1998.

Kentucky is one of four applicants awarded funding through this grant program.

"Kentucky faces significant challenges in comprehensively addressing the needs of youth with mental health issues and their families, particularly those who also have substance use problems," said Mark Birdwhistell, undersecretary for health. "KEYS will give us the opportunity to further the knowledge base for what works with this population."

KEYS will build upon two programs: –

- the Interagency Mobilization for Progress in Adolescents' and Children's Treatment (IMPACT) program(?), which began in 1990 and coordinates services for children with severe emotional disabilities so they can stay at home and
- the comprehensive school-based mental health model established through the Bridges Project in 1998.

Student care teams will be placed in schools to provide services that address mental health and substance use problems. KEYS will use evidence-based strategies to identify and treat children in need of services.

KEYS will also expand the availability of children's mental health services, such as mentoring, home-based services, early childhood mental health, and crisis response. Engaging and empowering families is another critical component. The Kentucky Partnership for Families and Children (KPFC), a statewide children's mental health advocacy group, will be instrumental in bridging the gap between families, schools, and communities.

"With direct support from the Governor's Office and the enthusiastic participation of the Kentucky Division of Mental Health and Substance Abuse, NorthKey Community Care, and our partner child-serving agencies, KEYS will help us promote a model of resiliency and address current challenges in the development of our system of care," said Pat Wear, II,



commissioner of the Department for Mental Health and Mental Retardation Services.

KEYS will cover the Northern Kentucky Area Development District that includes Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen and Pendleton counties.

Long-term care residents honored this week

Focus on dignity, respect, quality care
Throughout Kentucky, long-term care residents, family members, ombudsmen, citizen advocates, facility staff, and others will honor the individual rights of long-term care residents by observing Residents' Rights Week, Oct. 3-9.

Kentucky's observance will focus on the rights and individuality of the nearly 36,000 residents of nursing homes, personal care homes, and family care homes across the state. According to the National Citizens' Coalition for Nursing Home Reform, which designated Residents' Rights Week, there are 2.8 million residents of more than 60,000 nursing homes, assisted living, and board-and-care facilities in the U.S.

Special emphasis this year is being given to residents' right to vote, specifically, voter registration and accessibility to polling places. Throughout the state, ombudsmen will encourage facility staff to provide residents with current, accurate information about candidates and issues and, if needed, arrange for assistance with voting.

John Sammons, state Long-term Care Ombudsman with the Cabinet for Health and Family Services, said the observance is a chance to raise public awareness of the fundamental rights of long-term residents.

"Long-term care residents have the right to be treated with dignity and respect and to enjoy the best quality of life possible," Sammons said. "It's up to the long-term care community and advocates for residents to uphold these rights and ensure the further rights of self-determination, autonomy, and quality care."

The 1987 Nursing Home Reform Law guarantees nursing home residents these and other rights including individualized care, the right to vote, the right to visitation, the right to privacy, and the right to complain.

There are more than 300 volunteers and 27 paid staff serving as advocates for long-term care residents in Kentucky as part of the Long-term Care Ombudsman program. This program also provides information on locating a facility, conducts community education sessions, and supports residents, their families, and the public with one-on-one consultation regarding long-term care.

"During Residents' Rights Week, we invite all Kentuckians to affirm or re-affirm their commitment to residents' rights and to honor long-term care residents," Sammons said. "We strongly encourage the community to participate in local events and to visit long-term care residents and let them know they are still important to us, our communities, and society as a whole."

Kentucky's Long-term Care Ombudsman Program, which was initiated in 1978, was expanded in FY 2003 to provide full-time representatives in all of the state's 15 Area Development Districts.

To learn more about the work of ombudsmen or to volunteer to help improve the lives of nursing home residents, call the office of the state Long-term Care Ombudsman, at (800) 372-2991.

Kentucky to launch model program that offers more autonomy and better quality of life to elderly Medicaid beneficiaries and those with disabilities

State Receives Three-year \$250,000 Grant to Replicate Successful Cash and Counseling Program

Within the next three years, approximately 2,000 older adults and adults with disabilities who



receive Medicaid in Kentucky will be given the option to direct their own personal care services and live more independently through a proven program to be administered by the state Department for Medicaid Services, in collaboration with the Department for Mental Health/Mental Retardation Services and Division of Aging Services.

Kentucky, which has received a \$250,000 grant from the Robert Wood Johnson Foundation, is one of 11 new states to participate in the expansion of the successful Cash & Counseling program, aimed at giving Medicaid recipients more choice and control over the nonresidential and non-medical services they are eligible to receive.

“Medicaid recipients who need help with highly personal things like bathing, toileting, dressing, preparing meals, and housekeeping, want flexibility and a sense of control over how, by whom, and when that help is provided,” said Shannon Turner, Deputy Commissioner of the Kentucky Department of Medicaid Services. “The Cash & Counseling program offers that control. It has been shown to improve quality of life as well as access to personal care services. We’re excited that the new Kentucky Cash & Counseling program will enable participants to stay as independent as possible for as long as possible.”

The new program, called Kentucky Independence Plus, will be available to all waiver recipients including individuals who are elderly or who have disabilities, those with mental retardation or developmental disabilities and those with acquired brain injuries.

Traditionally, state Medicaid programs have contracted with home care agencies to provide personal care services to the elderly and younger people with disabilities. Although those who are eligible for services may be able to choose among available agencies, frequently their decision-making power ends there. They often have little say in who provides the services or even when or how they are provided.

Under the new Cash & Counseling program, 11 states received approximately \$250,000 each to replicate the program.

The 11 new Cash & Counseling State Programs are:

- Alabama Department of Senior Services, \$250,000
- Iowa Department of Human Services, \$250,000
- Kentucky Department for Medicaid Services, \$250,000
- Michigan Department of Community Health, \$250,000
- Minnesota Department of Human Services, \$350,000
- New Mexico Aging and Long Term Service Department, \$349, 153
- Pennsylvania Governor’s Office of Health Care Reform, \$250,000
- Rhode Island Department of Human Services, \$250,000
- Vermont Department of Aging and Independent Living, \$249,416
- Washington Department of Social and Health Services, \$250,000
- West Virginia Bureau of Senior Services, \$250,000

Betsy Dunnigan, Acting Director, Division of Mental Retardation Services, will direct the Kentucky Cash & Counseling program.

The national Cash & Counseling program is funded by The Robert Wood Johnson Foundation and the Office of the Assistant Secretary for Planning and Evaluation and the Administration on Aging within the U.S. Department of Health and Human Services. The Boston College Graduate School of Social Work will serve as the National Program Office for the new program. In addition, the Centers for Medicaid and Medicare Services will provide technical assistance and oversight related to the states’ demonstration waivers.

More information on Kentucky’s Cash & Counseling program is available by contacting Betsy Dunnigan at betsy.dunnigan@ky.gov or on the state Web site at <http://mhmr.chs.ky.gov> . Information on the national Cash & Counseling program is available online at www.cashandcounseling.org or through RWJF’s Web site at www.rwjf.org .



Health officials work to address flu vaccine shortage

The Kentucky Department for Public Health is working to determine the status of the vaccine supply in the state following Wednesday's announcement about the production problems of one of the two providers.



State officials, in consultation with local health departments, will then develop a plan to distribute available flu shots after receiving further guidance from the Centers for Disease Control and Prevention.

"It's important to prioritize the limited supply of flu vaccine this season to target the highest risk population," said Dr. William Hacker, acting Commissioner of the Dept. for Public Health. "Those at high risk for complications from the flu are strongly encouraged to seek flu shots from their primary care physicians and other available sources. Healthy Kentuckians ages 2 through 64 are asked to keep the flu vaccine shortage in mind and to consider foregoing or delaying their flu shots this year."

The nasal-spray flu vaccine is an acceptable alternative to the flu shot for healthy persons ages 5-49.

In response to the flu vaccine shortage, the CDC is recommending that available flu vaccine be administered on a priority basis to those with the highest risk for flu complications. That group includes:

- all children ages 6 - 23 months
- adults 65 and older;
- persons age 2 - 64 with chronic medical conditions
- women who will be pregnant during flu season
- residents of nursing homes and long-term care facilities
- children 6 months to 18 years on chronic aspirin therapy

The CDC also recommends flu shots for those who could transmit the flu to high-risk individuals, including:
health care workers involved in direct patient care; and out-of-home caregivers and household contacts of children less than 6 months old.

To limit the spread of flu, everyone should:

- stay home when you have flu-like symptoms to prevent spreading the virus in the workplace. The flu most often is transmitted from person to person through respiratory droplets from coughing and sneezing. Rarely, infection is spread by touching something with virus on it and then touching your mouth or nose.
- cover your mouth and nose with a tissue when you cough or sneeze and properly dispose of used tissues.
- wash your hands frequently and always after coughing or sneezing, or use a soapless, alcohol based hand cleaner.

Adults can infect others beginning one day before the onset of symptoms to seven days after symptoms appear. Children may transmit the flu longer than seven days. Symptoms begin one to four days after the virus enters the body. The most common symptoms of the flu are sudden onset of:

- fever (usually high);
- headache;
- extreme tiredness;
- dry cough;
- sore throat;
- runny or stuffy nose; and
- muscle aches.

Kentuckians are advised not to confuse flu with other illnesses. The flu is a respiratory illness and not a stomach or intestinal illness. Vomiting, diarrhea, nausea and other stomach distress can sometimes be related to the flu, especially in children; but, these problems are rarely the main symptoms of flu. There is no such thing as the 'stomach flu'.

"The flu can make you feel just miserable, but for the majority of otherwise healthy people, it's not a serious health problem," Hacker said. "For those whose health conditions and other



circumstances make them especially vulnerable, however, the flu can be very dangerous. That's why we ask Kentuckians for their cooperation and understanding of the flu vaccine shortage and that they make thoughtful decisions about whether or not to get a flu shot this year."



October is Earthquake Preparedness Month

Kentucky's Governor Ernie Fletcher has declared October as Earthquake Preparedness Month for the Commonwealth of Kentucky. Earthquake Awareness Month reminds us to prepare our families, our schools, and our workplaces before an earthquake strikes.

"If an earthquake occurs, all of our citizens will be affected. Those in the earthquake zone will need the help of other Kentuckians to deal with this type of disaster. Now is the time for us to assemble our three-day emergency supply kits and obtain the training we need to respond and recover from an earthquake or any other type of disaster we might have," said Earthquake Coordinator, Steve Oglesby.

Aging Services holds drawing for Keeneland box seat

The Division of Aging Services held a drawing in the CHR lobby Wednesday for a box seat for six (6) to the Oct. 10 meet at Keeneland. The winner was Linda Harney of MH/MR. A total of \$165 was collected for the Kentucky Employees Charitable Campaign. Thanks to everyone who participated.

Health Tips: Stopping germs at home, work and school

How Germs Spread

The main way that illnesses like colds and influenza are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs, and desks.



How to Stop the Spread of Germs

To stop the spread of germs:

- Cover your mouth and nose,
- Clean your hands often, and
- Remind your children to practice healthy habits, too.

Cover your mouth and nose when coughing or sneezing

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

Does the "Happy Birthday" song help keep your hands clean?



Not exactly. Yet the Centers for Disease Control and Prevention recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!

Alcohol-Based Hand Wipes and Gel Sanitizers Work Too

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Flu shots for Frankfort employees not likely this year

For the first time in many years, it is highly unlikely that Frankfort state government employees will receive flu shots this year. The license suspension of one of the major manufacturers of the world's flu vaccine supply will have a major impact on the United States vaccine supply, and, in turn, the state-sponsored flu prevention efforts.

At this time, the manufacturer has cancelled the shipment for Frankfort employees, and no flu vaccine is expected. If availability of the vaccine changes, you will be notified.

You are encouraged to contact your personal physician or local health department to determine if you are eligible for the vaccine, as priority groups will be given first consideration. To read more about the flu vaccine shortage go to the news release ["Health officials work to address flu vaccine shortage."](#) To find out how to stop the spread of germs at home, work, and school go to ["Health Tips: Stopping germs at home, school and work".](#)



Big Move: Where do we stand?

The main goals of the "Big Move" for the Health Services Building and five floors of the CHR Building in Frankfort are to group agencies by functions and to do it as economically as possible.

While you have not seen a lot of progress, staff have been working feverishly to keep this process on track. Administrative and Fiscal Affairs Undersecretary Duane Kilty has approved the overall concept, and Division of Facilities Management staff are working to complete initial designs for each floor. In a couple of weeks, we will share all of the plans with the agencies affected. Agencies will then identify the placement of each staff person and equipment.

We will not redo the entire design at this stage, but we will consider changes that will make the agency as efficient as possible. Once this process is completed, the Division of Facilities Management will identify the move sequence and timeline for each agency.

CHFS Frankfort Employee Blood Drive

Tuesday and Wednesday, Oct. 12 and 13
8 a.m. – 1 p.m.

American Red Cross Bus

There will be an American Red Cross representative in the Frankfort CHR Complex lobby on Friday, Oct. 8, and Monday, Oct. 11,



from 11:30 a.m. to 1 p.m. to schedule appointments.

To be a blood donor, you must be 17 years old or older, weigh at least 110 pounds, and be in good health. You can donate blood every 56 days. Please bring identification. The River Valley Region provides blood to more than 50 hospitals across 70 counties in three states: Indiana, Kentucky, and Illinois.

Employees who follow the blood donation policy will receive four hours of leave time to donate and recover.

White Hall Hosts Ghosts

There's not a ghost of a chance that you won't be thoroughly entertained by the White Hall State Historic Site's annual Ghost Walk, scheduled in cooperation with the Eastern Kentucky University (EKU) theater department.

The event, scheduled for Oct. 21-23 and Oct. 29-31, lets visitors relive the history of this fascinating historic site as its ghostly former residents, played by EKU actors, relate interesting aspects of their lives. White Hall's occupants included one of Kentucky's most colorful citizens, Cassius Marcellus Clay, a friend of Abraham Lincoln's, former U.S. minister to Russia, fiery supporter of emancipation, and all-around character. Clay's daughter, Laura, inherited his political activism, becoming a noted advocate of women's suffrage and states' rights, and a candidate for the U.S. presidency in 1920. The stately brick home, situated near Richmond in Madison County, was built in the 1860s around and above the original structure, Clermont, which was constructed by Cassius Clay's father in 1799.

The ghost walks are intended to enlighten, rather than frighten, so children are welcome. Half of the event's proceeds support EKU's theater department.

Tours start at 7 p.m., with the last tour each evening starting at 10:30 p.m. Admission is \$10 per person. Reservations are required. For more information, contact the park at (859) 623-9178.

Employee Enrichment

By Anya Armes Weber, Division of Communications



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better will focus on team building, customer service and personal development.

Think you go to too many meetings? If you can argue it's more cost-effective for you not to attend, ask your supervisor if you can take leave of an upcoming meeting and test the outcome. You may be relieved of some scheduling if your work is unaffected by your absence.

But if you're sure you must attend, look at your meetings as opportunities to accomplish something, especially if you'll be with a group you rarely see elsewhere. Any gathering of people may allow you to get across a message that you would be unable to transmit in other settings.

Even if the meeting topic is not relevant to you, it is possible to relate your points. Prepare for meetings by looking for chances to talk about what's important to you or your office. Maybe you'll connect with someone who can help by doing something for you.

Visit us online!

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